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Tory trip tops $500,000

Olympic entourage. About $113K spent on rooms for ministers who didn't attend London Games

JEREMY NOLAIS
jeremy.nolais@metronews.ca

Opposition members and an Alberta taxpayers' watchdog were quick to deem the total bill for a provincial government entourage to the London Olympics unworthy of gold, silver or bronze Monday.

In all, the six-day trip taken by Premier Alison Redford, Culture Minister Heather Klimchuk and Tourism Minister Christine Cusanelli to one of the world's most expensive cities cost Albertans roughly $518,000.

That tally includes $113,687 in charges for hotel rooms that went unoccupied after the province opted to scale back its mission to London in the wake of a gloomier-than-expected budget outlook.

The province did say Monday it saved $123,000 by not sending four additional ministers and 18 representatives as originally planned.

View of the Opposition leader

"It's beyond ridiculous, it's beyond incompetence, it's beyond comprehensible."

Wildrose Leader Danielle Smith

"Our mission to London connected us with key international business leaders," added Redford in a statement Monday.

"We have seen some good results right out of the blocks and I am confident that we are on track for more."

But opposition Wildrose Leader Danielle Smith said the extra hotel charges were indicative of poor planning by the ruling party.

"It's beyond ridiculous, it's beyond incompetence, it's beyond comprehensible," Smith said. "It sets the tone for the entire government when you have the premier and her entourage behaving this way."

One highlight of the trip touted by Cusanelli Monday was securing an agreement with a German tour operator to bring more than 600 travel agents to Banff and Calgary late next year.

But a Canadian Taxpayers Foundation representative said the value of relationships forged in London is difficult to measure.

"The premier's been jet-setting around the planet since she's taken office, no doubt some of it's been necessary, but she seems to be spending as much time out of the province as she is in it," Derek Fildebrandt added.

Cusanelli, however, maintained that face-to-face relationships are a good way to do business.

"In this age of technology, we sometimes forget the power of meeting in person," she said.

Counting the cost

Travel costs to London for Premier Alison Redford and two ministers totalled about $87,000, up just slightly from the expense estimate made public in July. About $431,000 was spent on a high-commissioner dinner, luncheons, a reception and travel costs for Alberta artists who performed and had their work showcased during the London Olympic Games.

Premier Alison Redford scrums with the media following her meeting with B.C. Premier Christy Clark to discuss the Northern Gateway pipeline in Calgary on Monday — the same day it was released that the province's Olympic delegation cost taxpayers over $500,000. JEFF MCINTOSH/THE CANADIAN PRESS

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Pipeline talks

Clark, Redford have 'frosty' meeting

A quick meeting between the premiers of Alberta and British Columbia ended Monday with neither woman willing to budge on how they think the risks and benefits of West Coast-bound oil pipelines ought to be divvied up.

"I would say it was frosty," was how B.C.'s Christy Clark described the 20-minute conversation with Premier Alison Redford in Calgary.

The most contentious condition so far has been B.C.'s demand to receive a share of fiscal and economic benefits from the pipeline to reflect the risk it would face.

"I'm an Albertan and when you talk about sharing Alberta's royalties with other jurisdictions, things tend to get a little bit frosty," she said.

THE CANADIAN PRESS

Development

Shawnee Slopes hearing spills into second day

Debate over a controversial development proposed for Shawnee Slopes stretched from the afternoon into Monday night at city council, and is set to resume Tuesday. The marathon public hearing comes after four years of disagreement between the developer and many residents who don't like the plan to turn a defunct golf course into a new community with nearly 1,500 homes.

Every alderman put questions to the development team. "You managed to get questions from all 15 of us, which I think is the first time that's ever happened," Mayor Naheed Nenshi said. The matter is set to return to council at 1 p.m. Tuesday. METRO

Retraction. MP apologizes for saying Mulcair hastened Layton's death

Calgary MP Rob Anders told the political news website iPolitics Monday that NDP Leader Tom Mulcair essentially goaded his predecessor into risking his health during the 2011 election campaign.

Anders says Mulcair argued before the campaign that Jack Layton should step aside because of his health. He says this "arm-twisting" compelled Layton to "put his life at risk" in a hard-fought campaign, when otherwise he might have been more heedful of his health.

Anders issued a statement apologizing to both Mulcair and Layton's family, and described the remarks as "insensitive and inconsiderate."

The PMO was quick to distance itself from the remarks, saying they in no way represent the views of the government.

THE CANADIAN PRESS

Meat safety. Liberals, NDP gang up on feds over mounting fears

The Liberals and NDP tore a strip off the Conservative government Monday over the safety of Canada's meat supply.

NDP Leader Tom Mulcair and acting Liberal counterpart Bob Rae took jabs during question period, saying the governing Conservatives failed to alert Canadians about E. coli-tainted meat from an Alberta packing plant.

Defence Minister Peter MacKay said the Conservatives have introduced new legislation to improve food safety, but blamed the NDP for standing in their way.

"When we have tried to do this, made new investments, brought new legislation forward to improve safety for Canadians, that leader and that party have opposed it all the way."

THE CANADIAN PRESS

Drug deal suspected behind latest death

Shooting. Philip Anny's death raises 2012 murder toll to 12

JEREMY NOLAIS
jeremy.nolais@metronews.ca

Police believe a drug transaction may have turned sour before a Calgary man was shot and left for dead in the middle of a southeast street on Sunday.

Investigators confirmed on Monday that the death of 28-year-old Philip Anny has been classified a homicide and issued a second-degree murder warrant for 21-year-old Deng Lino Keror.

"Specifics of the incident itself, some of it, we are still working on," said police Staff Sgt. Grant Miller. "Both of these gentlemen (Anny and Keror) are known to us. Specifically, Keror does have a history with use of drugs and violence."

The accused is also a person of interest in a recent Calgary home invasion, Miller said.

Anny, meanwhile, was charged with seven firearms and breach-related charges after shots were fired at a southeast Calgary house party in April 2009.

Despite his run-ins with police, Anny's brother-in law Aguer Aguer deflected talk of Anny being involved in the drug trade. "I don't believe it," he said on Monday. "Not for one second."

Family members reported that Anny left an Applewood home he shared with his mother and siblings at about 3 a.m. on Sunday. His body was found a half-hour later in the road blocks from the home.

Aguer said he believes Anny and Keror had been acquaintances for years.

Editor's note

Three family members independently provided the incorrect age and an alternate spelling of Philip Anny's last name to Metro. Family also claimed Anny was a student at Bow Valley College, but police determined Monday that, while he applied to the institution, Anny never attended a class there.

Investigators comb over a van at the scene where the body of 28-year-old Philip Anny was found early Sunday morning. A warrant has been issued for 21-year-old Deng Lino Keror, inset. JEREMY NOLAIS/METRO; CALGARY POLICE HANDOUT

SMEN 1

On the web

Qriket

A skateboarder and a deer go head to head. Which one wins? Scan the code to see it for yourself.

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Alliance Française de Calgary director Damien Hubert hopes to introduce more Calgarians to the French culture and language. LISA WILTON/METRO

BRIDGING THE GAP

A French institution celebrates 65 years in Calgary with a new location and focus, while continuing to close the gap between French and English in the city

ALLIANCE FRANÇAISE

Shortly after Damien Hubert arrived in Calgary in January, he received some surprising news.

Hubert had barely started his new position as director of Alliance Française de Calgary when he was informed the non-profit organization had to vacate the Herald building downtown as it's set to be demolished to make way for a tower.

It was the second time Alliance Française had been booted out of their home in recent years. In 2011, it was forced to leave the Memorial Park Library after a decade when the City of Calgary decided to reclaim the space for its own use.

"It was sad to lose the charming atmosphere and the cultural activities of the Memorial Park Library," he says.

"Even if we maintained the cultural programs when we moved to the Herald Building, they maybe weren't as well followed as they were before because of the location."

Instead of getting frustrated, Hubert took this latest move as an opportunity to reintroduce Alliance Française to Calgarians.

"We have high visibility now," says Hubert of the French cultural centre's brand spanking new location on the ground floor of BP Centre at 2nd St. and 4 Ave. S.W.

Alliance Française has been an important part of Calgary's French community for the past 65 years and Hubert says his goal is to further expand the relationship between AFC and the city.

"We want to create the feeling of a French village," says Hubert, who is hoping to partner with local French restaurants, wine shops and businesses for events and cross-promotion.

"We would like to bring everything French in Calgary together."

Hubert, who has been director of Alliance Française locations in Brisbane, Australia and Mexico, admits he is surprised by the vitality of the French community already in Calgary.

" I knew there was a French community, but I didn't really know how vibrant or active the community was," he says.

"People are really motivated to create cultural activities and be part of the cultural life of Calgary."

Hubert is quick to point out that Alliance Française has no political affiliation and he doesn't believe it's his job to defend the French language.

"I understand that and respect it," he says.

"But my job is to teach the English-speaking person more about the French culture and the French language."

LISA WILTON/METRO

New location

- **Celebration.** On Tuesday afternoon, Alliance Française will celebrate the new location's official opening, which will be attended by Phillipe Zeller, France's ambassador to Canada.
- **Raising funds.** A fundraising dinner is also being held at the Calgary Golf & Country Club in the evening.

A feel for French

"We want to create the feeling of a French village."

Damien Hubert
Alliance Française de Calgary director

French Calgary Facts

- **New name.** Fort Brisebois was renamed Fort Calgary after Col. Ephrem Brisebois angered his men by keeping the building's only wood stove in the room he shared with his Métis companion during the harsh winter.
- **Protest.** In 1883, Father Lacombe threatened to camp out on Parliament Hill in Ottawa if Minister of the Interior, Sir David McPherson, didn't approve his land title request for land on which to build his French and Catholic Mission. McPherson provided the proof of land title and soon after Calgary's Mission District was born.
- **Construction business.** Calgary's first hardware store was French owned. In 1917, construction business owners Jules, Victor and Adrien Despins opened Despins Hardware Store on 4 St. S.W. The back of the shop was a meeting place for members of the Francophone community for many years.
- **Relocation.** In 2005, the City of Calgary relocated the home of Dr. Edouard-Hector Rouleau to 141 – 18 Ave. S.W. Alberta Ballet, which is located in the old St. Mary's Parish Hall, is currently in the development process of restoring the house for public and company use. Executive director Martin Bragg says it will cost $665,000 to bring the home up to 2012 code. METRO

Hot French spots in town

- **Cassis.** Opened last year by Dominique Moussu, the former executive chef for Teatro, Cassis features lighter French fare with fresh ingredients and a delicious menu that changes monthly. 2505 – 17 Ave. S.W.
- **L'Epicerie.** Moussu's more casual deli and café is a great place for a quick lunch or a latte with friends. 1325 – 1 St. S.E.

- **Rouge.** Since opening in 2003, Rouge has been regularly lauded as one of Calgary's best restaurants. 1240 – 8 Ave. S.E.
- **Laurier Lounge.** Calgary's only Quebec-style restaurant, the Laurier is located in the childhood home of George Stanley, designer of the Canadian flag. Quebec beers are available and they make what is arguably the best poutine in the city. 1111-7 St. S.W.

- **La Boulangerie.** Get your crepe and/or croissant fix at this relatively new café on 4 St. S.W. 2435 – 4 St. S.W.
- **Brasserie Kensington.** Steak frites, salad nicoise and duck confit are just a few of the French treats you can find at this popular European-style restaurant.

LISA WILTON/METRO

Fresh start. Quebec native begins her new life in Calgary

Sherbrooke, Que., native Mylene Rainville. LISA WILTON/METRO

Sherbrooke, Que. native Mylene Rainville knew she wanted a change of scenery, she just didn't know where to go.

But after seeing TV commercials advertising the benefits of living and working in Alberta, she and her partner decided on Calgary.

"We thought, Why not?' recalls Rainville. "If we're going to move, why don't we move to a place where they are looking for people to work?"

So five years ago, the couple sold their house, packed up their car and made their way west.

"My husband works in construction and there is more work here than in Quebec," says Rainville, who bartends and serves at the Laurier Lounge in the Beltline.

Though she has connections to Calgary's Francophone community, Rainville says she prefers to embrace Calgary culture.

"I miss my family in Quebec," she says. "But Calgary is home for me. I love this place. It's a nice city to live in."

Rainville admits once in a while someone will accuse her of wanting to tear the country apart based solely on her Quebec accent.

"It does bother me sometimes when people say, 'Oh you're French. You want to separate,'" she says.

"And I say to them, 'Don't put us all in the same little bag. We don't all have the same opinion."

LISA WILTON/METRO

St. Mary's Cathedral, seen from Rouleauville Square, is one of several buildings established by French settlers during the late 1800s and early 1900s in what is now the bustling neighbourhood of Mission. LISA WILTON/METRO

Calgary's French roots run deep

Going back in time.
French settlers behind the city's first school and hospital

While Calgary's western heritage is well documented, the city's French roots aren't as widely known.

But the city has had strong connections with France and Quebec since its earliest days.

"French is a part of our national identity, but it has a local resonance" says Harry Sanders, Calgary's Historian Laureate.

"It's not just Ontario and Quebec."

French culture is tightly woven into the fabric of Calgary's history, according to one Calgary francophone advocate.

"Calgary owes a lot to the early francophone community," says Suzanne de Courville Nicol, who has researched local French history extensively through the Glenbow Museum Archives.

"A lot of people have no idea about our French roots and heritage, and that everything they built has evolved into what we have today."

It was francophone men and women of the cloth who established Calgary's first school and hospital located in what is now the bustling inner-city neighbourhood of Mission.

Quoted

"Calgary owes a lot to the early francophone community."

Local history researcher Suzanne de Courville Nicol

"The Sisters FCJ, Faithful Companions of Jesus, established the education system with St. Mary's School," says de Courville Nicol.

"It started with only 15 students of French and Métis origin."

One of the area's first European residents was a young priest named Leon Doucet. Originally from France, Doucet arrived near Bragg Creek with Father Constantine Scollen in 1872 to establish southern Alberta's first mission, and he was the first Caucasian man to greet the Northwest Mounted Police's F Troop, led by Quebec-born colonel Ephrem A. Brisebois.

"As French to French, I'm sure they said 'Bonjour,'" de Courville Nicol says.

Fort Brisebois was erected at the confluence of the Bow and Elbow rivers in 1875. However, Brisebois was unpopular with his men and, in 1876, the detachment was renamed Fort Calgary by Lt.-Col. James Macleod.

Eight years later, Father Albert Lacombe secured two parcels of land for the French community, while Bishop Vital Grandin summoned more priests and nuns from Quebec to help establish the parish (where St. Mary's Cathedral now stands on 18th Avenue, just east of 2nd Street S.W.), St. Mary's School and the Holy Cross Hospital.

In 1886, Judge Charles Rouleau arrived in the city, followed by his brother, Dr. Edouard-Hector Rouleau, a year later.

The two men were pillars of the French community and the area was renamed Rouleauville in their honour.

But an influx of Scottish, Ukrainian and German families in the late 1800s spelled the end of the French-speaking village.

On March 17, 1907, Rouleauville was annexed by the City of Calgary and its original street names were changed to the numeric system.

"French was wiped out from that area," says de Courville Nicol.

"Bishop McNally had it in for the French at that time. He got rid of all the French priests. It's unbelievable. It's a shocking part of Calgary's story."

Though many French-owned homes and businesses along Elbow Drive and 4th Street S.W. are long gone, there are tributes to Calgary's French history around Mission, including Rouleauville Square, located across the street from St. Mary's Cathedral.

LISA WILTON/METRO

Baristas with bachelor degrees: Youth flunking on the job market

Vital Signs report. Study paints troubling portrait of educated Canadians who are buried in loans but lack opportunities

SEAN MCKIBBON
Metro in Ottawa

Canadian youth are more educated than ever, but it's not opening the same doors for them as it did for their parents, says a new report titled Vital Signs from the Community Foundations of Canada, being released on Tuesday.

"The linear path from school to career, home ownership and family has disappeared," said Ian Bird, president and CEO of Community Foundations of Canada.

Bird said Canadians between the ages of 18 and 34 face increased competition for jobs from older workers and globalization.

As a result they have trouble paying crippling student loans, suffer from disengagement with society and many also struggle with a host of mental-health disorders.

"We've experienced tuition growth of over 200 per cent in the past 20 years and a debt load that's unprecedented. There's rising cost of living in major urban centres and then you have the delay in getting into the labour force. That confluence of factors is fundamentally different than it was 20 to 25 years ago," said Bird, who called the situation for youth "alarming."

He added Canadian society must bridge the gap between generations now or it won't have the means to do so in the future as waves of retiring baby boomers begin to erode tax revenues.

While the report says most Canadian youth are doing well academically, it also raises alarms about high dropout rates among rural and aboriginal communities.

In this screen grab from the Fox TV series New Girl, Jess (Zooey Deschanel) works as a shooter girl after being laid off from her teaching job. More and more Canadian youth are having to shelve their degrees due to a lack of employment opportunities in their field, a new study says. CONTRIBUTED

Do the math

50%
The Vital Signs report says youth, who make up 16 per cent of the Canadian workforce, accounted for 50 per cent of the recession job losses in Canada.

250K
Youth employment stands 250,000 jobs below the pre-recession peak.

1/3
One out of three 25- to 29-year-olds with a college or university diploma moved into low-skilled occupations after graduation.

70%
In low-income communities, dropout rates can be more than 70 per cent vs. 6 per cent to 11 per cent in affluent neighbourhoods.

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Ikea erases women from Saudi catalogue

Above, a page from Ikea's catalogue in Sweden. Below, the same page from Ikea's catalogue in Saudi Arabia — with the woman missing. IKEA

2013 edition. Images are 'another sad example' of gender inequality in Saudi Arabia, says Sweden's trade minister

PETER LINDHOLM
Metro in Sweden

Swedish furniture retailer Ikea has erased women from the pages of its Saudi Arabian catalogue.

The 2013 catalogue, printed in 27 languages for distribution in 38 countries, looks almost alike worldwide, displaying identical interiors of kitchens and bathrooms. However, in the Saudi version women appear to be removed from the images. Metro Sweden first discovered the inconsistency on Ikea's online catalogues earlier this week.

For example, in the Swedish version of the catalogue, a mother can be seen standing at a sink beside her child in a bathroom. But in the Saudi catalogue, the mother is absent. In another image, a young girl who appears to be doing homework has also been airbrushed.

Sweden's Minister for Trade Ewa Björling said the retouched images are a sad example of the oppression of women.

"You cannot retouch women from reality," she told Metro. "If Saudi Arabia doesn't allow women to be seen or work they miss out on half their intellectual capital. These images are yet another sad example of the long road to gender equality in Saudi Arabia."

Ikea has since apologized for the catalogue retouching. "As editors of the catalogue, we are sorry about this," Ikea spokesperson Josefin Thorell told Metro.

"We should have reacted and seen that this is in conflict with Ikea's values."

Catalogue controversy

Who is responsible?

What remains unclear is who is responsible for the decision to airbrush women out of the catalogue — Ikea or a local entity in Saudi Arabia. A spokeswoman for Inter Ikea Systems, a branch of Ikea that oversees franchises, says the Swedish retailer should take the blame.

"What has come out during our contacts with Saudi Arabia during the day is that it isn't the local franchise that has done something wrong. It is our responsibility at Inter Ikea Systems," said Ulrika Englesson Sandman.

"The franchise owner has been presented with images without women. The image with a woman in the bathroom and the female designer could very well have been featured in the catalogue for Saudi Arabia."

Now Ikea is considering what to do next. One alternative is to print a new catalogue. "The catalogue has already been distributed, are we going to print it again? Those are options we are looking at," said Sandman.

METRO

Market Minute

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GOODNEWSTODAY.CA

NO PATIENCE FOR PICKY EATERS

SHE SAYS ...
Jessica Napier
metronews.ca

"No jalapenos, please."

The waiter asks as he rolls his eyes: "Is it an allergy?"

"No ... I just don't like them," I respond as I sheepishly turn away with embarrassment.

When my nachos arrive I groan; jalapeno peppers are defiantly embedded within every layer of melted cheese. The spicy-hot toppings mock me as I gently remove them one by one.

Nobody likes a picky eater. I hate being that annoying dinner companion who despises anything with a little too much spice so I will always try to accommodate those with more adventurous palates. I'll covertly chug endless glasses of water to get through a shared meal of kimchi-laced bibimbap or five-alarm chili.

When you are fortunate enough to live in a large city, filled with multi-ethnic fare and interesting haute (often HOT) cuisine, you shouldn't take that for granted. But while I certainly want to like spicy foods, my tongue screams in protest every time I come into contact with a piquant sauce or a fiery curry.

Too hot for you?

"I'll covertly chug endless glasses of water to get through a shared meal of kimchi-laced bibimbap or five-alarm chili."

I try my best but ultimately, my taste buds just can't handle the hot stuff.

And yet, in an entirely hypocritical sort of way, I can't stand picky eaters. I'm not talking about those with medical conditions, eating disorders or legitimate allergies; I'm talking about people who don't like fish because it smells funny or don't let different foods on their plate touch because ewww contamination!

Come on.

It can be a total turnoff when you meet a fully grown adult who behaves like a fussy child when it comes to trying new food. There's nothing wrong with liking things plain, but there's a fine line between a simple preference and a neurotic obsession. When friends and family develop prejudices against entire food groups, hosting a dinner party or going out for a meal can become a complicated and frustrating endeavour.

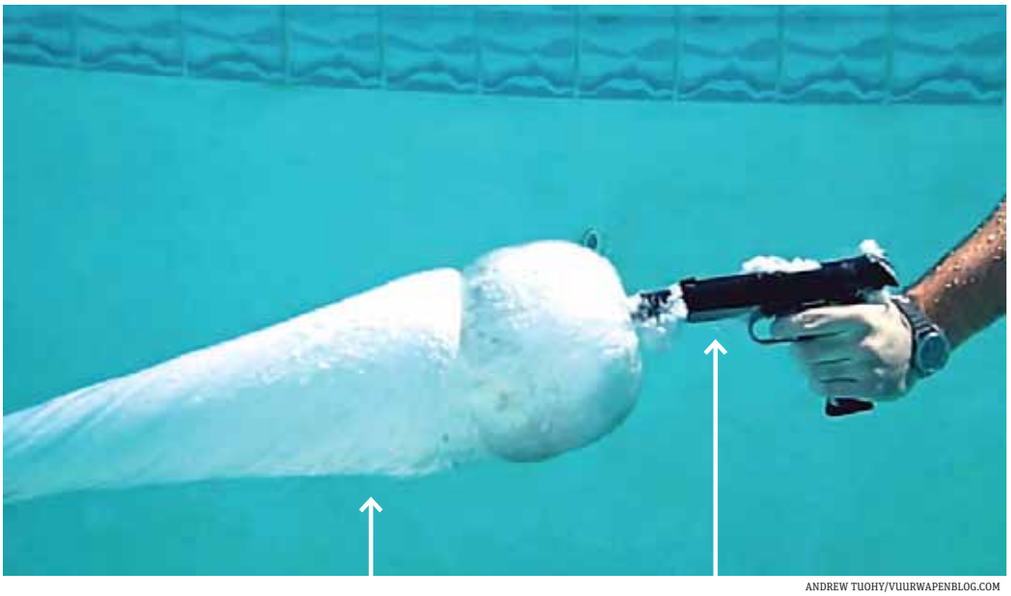
One of my favourite local pizzerias refuses to do substitutions on the premise that they, not the customer, know best when it comes to what flavours work together. While some patrons sneer at their holier-than-thou approach to pizza, I applaud their refusal to pander to the overly entitled menu customizers out there.

We're grown-ups now, shouldn't we be able to try something new before forming an opinion? I implore all those finicky foodies out there to stop turning up your noses at ingredients you can't pronounce, experiment with flavourful sauces and seasonings, and open your mind (and mouth) to some new culinary experiences.

Follow Jessica Napier on Twitter @MetroSheSays

Would you like some nachos with your jalapenos? JONATHAN DANIEL/GETTY IMAGES FILE

Having a blast under water



ANDREW TUOHY/VUURWAPENBLOG.COM

Firearms photography

Pistol fired in pool creates storm of interest

This is what firing a gun under water looks like. Firearm expert Andrew Tuohy shot a few pistols in his swimming pool and posted a video on his blog, which has now gone viral. The result: A stunning shot of a tornado rippling through the water. Metro spoke to the 26-year-old ex-sailor from Tucson, Ariz. METRO

Andrew Tuohy also makes "flower" jewels from his spent bullets.
ANDREW TUOHY/VUURWAPENBLOG.COM

Q&A

Gunning for art

Tuohy describes his image of a Kimber 1911 pistol firing underwater.

Firing a gun under water looks spectacular, but was it safe?
The bottom line is that yes, it's safe to use these firearms underwater. With other firearms — due to their design and barrel size — it's not safe, as they'll explode under water! The bullets themselves only travel a metre or so in water. Here, I used hollow-point bullets — they travel even shorter as they expand their diameter instead of penetrating through a target.

What challenges did you have?
This event happens very fast. The bullets are moving at about 1,000 feet (309 metres) per second initially, and the muzzle blast is over in about 1/60th of a second. So the higher frame rate of the video camera really helps.

What does this image tell you?
It shows firearms as something interesting and potentially even beautiful instead of ugly and evil. It's fun, educational and different. They can be used to oppress or liberate from oppression, to murder or to prevent murder, and in this specific case, they can even be used to create art. METRO

Metropolitan Panel

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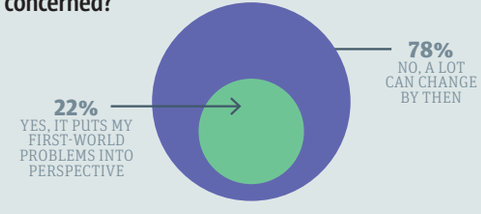
A recent report says 100 million people will die from climate-related causes by 2030. Are you concerned?



Twitter

@AccousticVision: It's flu season, remember that a tequila sunrise has plenty of vitamin C. #yyc

@Hodge_Cameron: Voters in Calgary West would elect a ham sandwich, were it flying the CPC flag. Even they must be at wits end with Rob Anders. #yyc #cdnpoli

@DustinMorris13: It's a chinook and a cold snap coming in. I predict a #migraine on Wednesday or Thursday :-S #pain #ouch #nofun #help #yyc

@GrahamAndersen: These C-Trains need some #fabreeze #yyc

@laujwebber: Vast, blue skies that stretch forever into the regal mountains. Reason #10000 why I always feel sad leaving #yyc. #homesick

metro
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DVD reviews

Bond 50

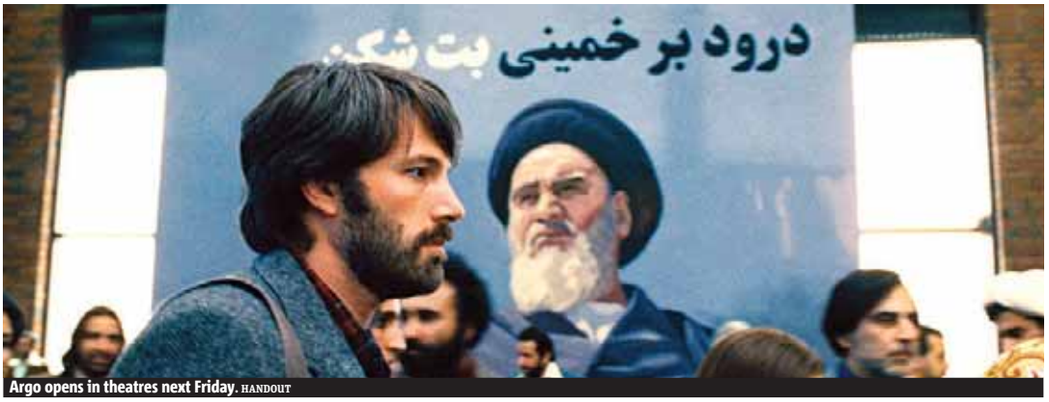
●●●●●

BOND 50 collects all 22 James Bond movies on Blu-ray for the first time, and leaves room for Skyfall, the coming 23rd one. Appraising this handsome set, it doesn't seem too pompous to quote Shakespeare's King Lear: "O, reason not the need!" Yes, chances are very good that you already own most or all of the 007 canon, on VHS and regular DVD. Possibly even Blu-ray, too, although BOND 50 brings nine of the films to the high-definition format for the first time: You Only Live Twice, On Her Majesty's Secret Service, Diamonds are Forever, The Spy Who Loved Me, Octopussy, A View to a Kill, The Living Daylights and Tomorrow Never Dies. But it's likely you'll still desire this boxed set, if only for its intelligent design, which pays full homage to the six men who have played Bond over the past half-century: Sean Connery, George Lazenby, Roger Moore, Timothy Dalton, Pierce Brosnan, and now Daniel Craig. There are 122 hours' worth of bonus features, much of which has already been released. But the real bonus is a single disc that smartly breaks down the Bond mystique via short featurettes that analyze the girls, gadgets, villains, look and style of this durable franchise.

PETER HOWELL

Apologies to Boatmen fans but Argo (Ben Affleck, Bryan Cranston) has nothing to do with Toronto's storied CFL team. The real-life story does, however, involve Canadians running a gadget play. Hatched in clandestine corners of Ottawa and Washington, Argo is the fake movie script concocted by covert operatives posing as a Canuck film crew scouting locations in Tehran. The daring rescue of six diplomats who hid in the Canadian ambassador's house during Iranian Hostage Crisis is just one of several ops to inspire filmmakers.

MIKE DOJC
scene@metronews.ca



Argo opens in theatres next Friday. HANDOUT

Ops that inspired Hollywood

Operation Thunderbolt

Dateline: July 4, 1976

Air France flight 139 was hijacked by the Popular Front for the Liberation of Palestine in conjunction with a German based radical group. After rerouting the flight to Uganda, 106 Jewish and Israeli hostages were held at the Old Terminal of the Entebbe airport. Israel's elite commando unit, Sayeret Matkal, led by Yonatan Netanyahu (older brother of the current prime minister) flew four Hercules C-130s over 4,000 kilometres and landed undetected on the dark runway. Driving land rovers and a black Mercedes to impersonate an Idi Amin motorcade, the cavalry sped toward the building where the hostages were being held, taking the terrorists by surprise. Three hostages and Commander Netanyahu were killed during the mission. Charles Bronson (Death Wish) starred in the movie adaptation, Raid on Entebbe.

Operation Nimrod

Dateline: May 5th 1980

After the Democratic Revolutionary Front for the Liberation of Arabistan (DRFLA) seized control of the Iranian embassy in London and threatened to blow it up if their demands weren't met, Maggie Thatcher gave the order to mobilize Britain's finest. Armed with the latest whiz-bang gadgetry of the period, a crack unit of the British Special Air Services (SAS) breached the building by lowering a charge through a skylight and abseiled in guns blazing. Five militants and one hostage perished in the crossfire during the 17-minute siege that helped establish Thatcher's Iron Lady rep. The operation unravelled on a holiday with TV cameras rolling so millions of Britons watched it unfold. Who Dares Wins (1982) was inspired by the events.

Operation: Maersk Alabama Rescue

Dateline: April 12, 2009

Off the coast of Somalia a cargo ship bound for Kenya was boarded by pirates. The crew managed to power down the ship's systems so that the pirates could not steer the vessel and they holed up in a secure room but Captain Richard Phillips and several crew members were captured. The ship's chief engineer, armed with just a knife, managed to subdue one of the pirates and during a botched prisoner exchange the pirates fled in a lifeboat taking the captain as their hostage. The destroyer USS Bainbridge, guided-missile frigate USS Halyburton and the amphibious assault ship USS Boxer were dispatched to the scene. After negotiations broke down Navy SEAL snipers took out the pirates. Tom Hanks has been tapped to play Phillips in a big screen adaptation of the high seas rescue.

SCENE 2

On the web

Qriket

DiCaprio, Maguire lead all-star cast in new video urging voter expression through social media. Check it out by scanning this code or visiting metronews.ca/scene.

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Arnold opens up about affair

Arnold Schwarzenegger

Arnold Schwarzenegger claims he didn't know he'd fathered a child with his longtime housekeeper until the boy "started looking like me," he says in an interview with 60 Minutes to promote his new memoir.

"That's when I kind of got it. I put things together." But while he kept the woman, Mildred Baena, on staff and began providing financial support for the boy, he was in no hurry to tell wife Maria Shriver or their four children. "It was very difficult, strange, bizarre," Schwarzenegger says. "I just said to myself, 'OK, I'm going to put this away.'"

Swift to swoon: So who is Taylor going to croon about next?

In what is probably not the most shocking news of the year, Taylor Swift admits she can fall in love easily.

The 22-year-old singer-songwriter tells Marie Claire magazine that she still believes in love "even after it explodes into a million pieces and burns down and you're standing in a pile of ash of what it once was thinking, 'Why did I have to meet this person, why did this have to happen?' But then, when you make eye contact with someone across the room and it clicks and, bam, you're there. In love again." As for her penchant for writing explicitly about ex-boyfriends in her songs? She makes no apologies. "It's not like it's in the fine print," she says. "It's not my fault if someone gets into a relationship with me and then cheats and I write a song about it."

Twitter

@SethMacFarlane
Hey guy in the audience laughing out loud at the jokes in a Shakespeare play-- you make the world a worse place.

@lindsaylohan
My iPhone broke and i need to get the new iPhone5, but they are sold out everywhere!!!

@diablocody
My parents wouldn't let us get cable; therefore I know nothing of your "Fraggles."

@DavidSpade
its shocking how many times i go on web md for ' pill identifier'...

Metro gets a Lone look at a revamped classic

Johnny Depp is set to star as Tonto in director Gore Verbinski's retake on '50s television hit, The Lone Ranger. The film, which opens July 3 of 2013, sees Native American spirit warrior Tonto recounting the untold tales that transformed John Reid, a man of the law, into a legend of justice. ©DISNEY ENTERPRISES, INC. AND JERRY BRUCKHEIMER INC.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Christina Aguilera: I'm through being skinny

THE WORD
Dorothy Robinson
scene@metronews.ca

The Word has been waiting for Christina Aguilera to lose weight and then get paid a mint to appear in a Us Weekly cover story to talk about how she shed the pounds — a.k.a. Tabloid Journalism 101.

But, God bless her, it doesn't look like that cover is coming up any time soon, as Aguilera is embracing her curves.

In a recent interview with Billboard magazine, The Voice mentor says she's through worrying about staying skinny to promote her music. "During the promotion of my album Stripped, I got tired of being a skinny white girl. I am Ecuadorian, but people felt so safe passing me off as a skinny, blue-eyed white girl," she says, recounting how she put on 15 pounds during promotion for that album, prompting a "serious emergency meeting" with her label reps about potential backlash over her weight gain.

"(They claimed) people I toured with would also miss out if I gained weight because I would sell no records or tickets for my shows," she explains. "I was young, so I lost the weight quickly and was toothpick thin during Back to Basics promos and touring."

But for her latest record, she'd had enough: "I told them during this Lotus recording, 'You are working with a fat girl. Know it now and get over it.' They need a reminder sometimes that I don't belong to them. It's my body," Aguilera says.

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Contagion will be introduced by Guido Van Marle PhD., a virologist at the University of Calgary. Dr. Van Marle will lead a discussion on viruses and infection following the film.
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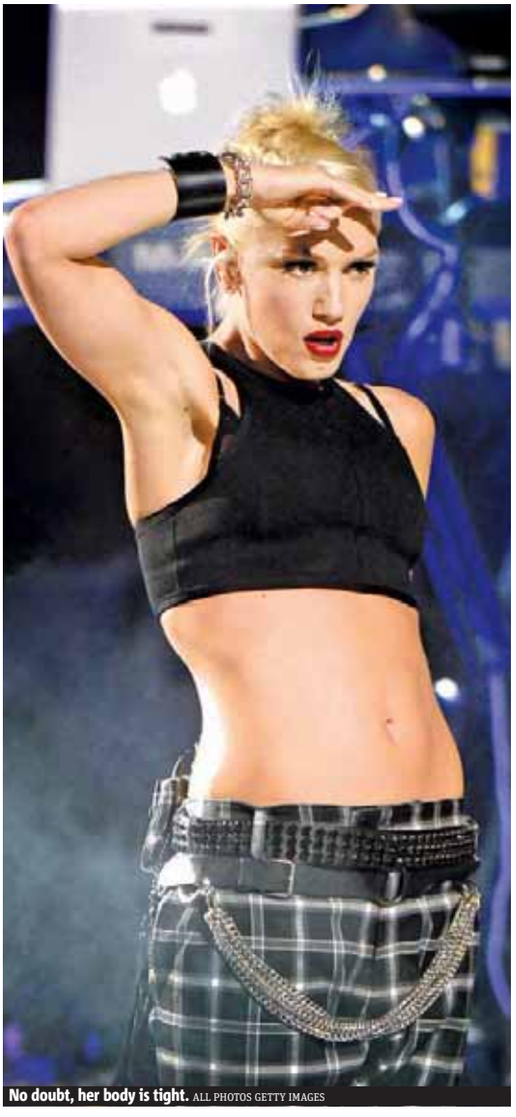
Get a body like Stefani

Fitness. As No Doubt's sixth studio album, Push and Shove, drops Sept. 25, we look at how lead singer Gwen, 42, stays toned

ROMINA MCGUINNESS
Metro World News



No doubt, her body is tight. ALL PHOTOS GETTY IMAGES

LESSON 1: EAT LIKE GWEN

According to personal trainer Mike Heatlie, who has worked with Gwen Stefani on and off for more than 10 years, 75 per cent of exercise is overrated.

"It's not that it doesn't help," he explains, "But if you want a slim waist and six-pack as defined as Gwen's, you need to reduce your overall body fat and the only way to do that is by changing your diet."

The fat loss strategy

"We live in an obesogenic environment — meaning fatty, sugary foods are everywhere, making it hard for us not to get fat," Heatlie tells Metro.

"If your diet is rich in white carbs, such as pasta, cereal and soda, then you're probably consuming too much energy.

"Carbs stop the fat burning process because the body prefers using the energy provided by carbs — glycogen — over the energy from fat. The body will only start burning fat if carb levels are low and it has no other option. But if you want this process to happen, you'll have to cut back on carbs."

Carb-calorie cycling

It's not what you eat once in a while that matters, but what you eat consistently, Heatlie explains.

"A diet plan that's too strict becomes unsustainable. If 90 per cent of your diet is 'good' then the remaining 10 per cent that's 'bad' doesn't really matter. Choose five to six days in the week when you aim to reduce your intake of carbohydrates. Maybe swap your breakfast of cereal for a protein smoothie with fruit.

"In the evening, have something like salmon or chicken with vegetables (which you should always have with your dinner) rather than bread and pasta.

"But make sure you give yourself one or two days off where you can eat more or less what you want as this then becomes a sustainable lifestyle rather than a quick fix diet."

The secret to Gwen's six pack

"The key to a six-pack like Gwen's is to follow a strict low-carb diet and combined with regular resistance training.

She looks 20-years-old still.

"You could have the most amazing six-pack, but if there's a layer of fat over it, you won't be able to see it.

"The body fat must be around 15 per cent for women and less than 10 per cent for men if you want that six pack to show," reveals Heatlie.

LESSON 2: LIVE LIKE GWEN

Check out No Doubt's newest video — Settle Down — and Stefani looks more like 22-years-old than 42-years-old.

"The only way to appear naturally younger is to lead a balanced lifestyle," says Heatlie.

"If you carry excess weight and have too much stress in your life, it will start to show on your face, making you look older than you really are."

Heatlie recommends three effortless rules to help you hold on to your youth:

1 "Avoid eating too much salt, which causes water retention and will make you look bloated."

2 "Keep your diet high in antioxidants by making the effort to eat plenty of fresh fruit and vegetables every day as well as drinking four to five cups of green tea and about three liters of water. Antioxidants prevent and repair damage to our body's tissue by slowing or preventing the damaging effects of free radicals."

3 "Cut back (or out) on alcohol and cigarettes. Chemicals in tobacco smoke damage collagen and elastin, the fibers that give your skin its strength and elasticity, which can lead to wrinkled skin. Alcohol intake can reduce the level of vitamin A within the body, allowing free radicals to spread and accelerating the deterioration of collagen and elastin — leading to more wrinkles and fine lines."

LESSON 3: MOVE LIKE GWEN

If it feels like you're putting in a tremendous amount of effort into your workout, yet you're not getting the results you were hoping for, then it could be that you're not training correctly.

"In order to notice a difference in yourself you need to be working out at the correct intensity levels. Your body shape will only change if it's put under strain and stress because the real fat-burning hormones, growth hormones and testosterone, only get stimulated under intense physical training," says Heatlie.

Whilst he recognizes the benefits of cardiovascular training, such as running or cycling, Heatlie believes that one of the best ways to get a lean and sexy muscular structure like Gwen's is by really putting the body under pressure by mixing training.

More online

Need your abs fix?

- **On the web.** Go to metronews.ca/scene to guess the celebrity abs

On the web

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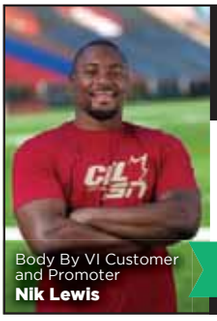

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The Gwen Stefani workout

Want to lower your body fat and rock a body like Gwen? Here's how:

Mike Heatlie's workout tip

"Make sure that you don't rest in between each move. If you are a beginner, the maximum time you should stop is 10 seconds. The workout needs to be as intense as possible as your body needs to be stressed in order to change."

Do the exercises in the following order:

- Dumbbell squat (working the lower body)
- Standing dumbbell Shoulder press (working the upper body)
- Front Lunge (working the lower body)
- Tricep dip (working the upper body)

TRICEP DIPS

Sit on the bench/chair and put your hands by your sides.

Step out just far enough so that your back is barely touching the bench/chair. Make sure you don't step out too far from the chair/bench, as this will put unnecessary stress on the elbows. Make sure you remain in control of your movements as you dip up and down.

Sets: 4
Reps: 12/15

DUMBBELL SHOULDER PRESS

Grab the dumbbells, keep your feet hip width apart, and a slight bend in your knees. Bring the weights up to your shoulders and lift your arms up towards the sky keeping your stomach and lower back tight. Bring your arms down (weights should be by your neck) three seconds on the way down and then press the weights back up.

Sets: 4
Reps: 12/15

DUMBBELL SQUATS

Position your legs shoulder-width apart with your toes pointed straight ahead. Pull your weight down through your leg muscles and keep your weight back on your heels as you descend. Push your chest out very slightly in front of you to counter balance the heavy load on your heels.

Push up powerfully from each squat.

Reps: 12/15

FRONT LUNGES

Stand with your feet together hands on hips. Make sure your shoulders are back and your chest is out and then take a big step forward with your right leg as you drop your left knee to the floor. Once you've dipped to the floor, pushing off and driving back to the centre using your right heel. This is great for your quads and glutes.

Sets: 4 on each side
Reps: 12/15

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To butterfly means to cut the pork down the center without cutting all the way through; then you can open and stuff the tenderloin. You can ask your butcher to do this if you prefer.

1. Preheat oven to 375 F. Line baking sheet with foil lightly coated with cooking spray.

2. Stuffing: Combine cranberries, walnuts, cinnamon, cloves and walnut oil in bowl of food processor. Pulse on and off until mix is crumbly. Add diced brie and pulse once or twice, just to combine.

3. Open pork loin like book and stuff with fruit and nut stuffing. Secure with kitchen string. Set large skillet lightly coated with cooking spray over medium-high heat and sear until browned on all sides, about 2 mins on each side. Place on baking sheet; bake 20 mins. or until cooked to medium (until the meat reaches an internal temperature of 145 F). Let rest 10 mins. before slicing.

4. Glaze: Combine juice, jelly, vinegar, oil, orange zest and garlic in a small saucepan. Set over medium heat 1 min. and drizzle over pork. Garnish with parsley. **ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)**

Ingredients

Pork
- 1 1/2 lb pork tenderloin, butterflied

Stuffing
- 2/3 cup dried cranberries
- 1/3 cup toasted walnuts
- 1/2 tsp cinnamon
- pinch of ground cloves
- 2 tsp walnut (or olive) oil
- 1 oz diced brie

Glaze
- 2 tbsp orange juice concentrate
- 2 tbsp red currant jelly
- 1 tsp balsamic vinegar
- 1 tsp olive oil
- 1 tsp orange zest
- 1/2 tsp finely chopped garlic

Garnish
- 3 tbsp chopped parsley

Orange-Glazed Pork with Cranberry & Walnut Stuffing

This recipe serves six. RYAN SZULC, ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)

Health Solutions

Don't gobble gobble extra calories

NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Much of the disastrous 10 pounds per decade (that is suspected of being the foundation of our obesity crisis) is acquired between Thanksgiving and Christmas.

Regardless of your familial background, there are more gatherings, celebrations and opportunities to eat at this time of year. Navigating them so you can enjoy without the backside burden takes a tiny bit of practice. Here's your game plan:

1. Veggie platter
Be the one who always brings the veggie platter with hummus.

2. Healthy nibbling
Seat yourself next to said platter and nibble to your heart's content.

3. No pre-dinner snacking
Promise yourself you will not eat the chips, popcorn, peanuts, chocolates and any other manner of crap before dinner. (After dinner, if you are still hungry...ha,ha,ha... go ahead)

4. Fill your plate with veggies
When dinner is served, fill half of your plate with green vegetables, 1/4 with starchy vegetables like carrots and squash and the other 1/4 with lean protein.

5. Stay away from deep-fried foods
Avoid anything deep fried. (Note: This is the first time I have used the word "avoid".)

6. Watch the liquor
Never have more than two alcoholic beverages.

After the celebration season, you may some excercise skills, but, if you follow these steps, you shouldn't have too much trouble.

THERESA ALBERT IS AN AUTHOR AND NUTRITIONIST AT ROSEDALEWELLNESS.COM IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM.

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At what point does tipping become un-frugal? ISTOCK IMAGES

Feeling tipsy? Don't break the bank!

Generous and frugal.
A quick guide to the acceptable level of tipping

FUN AND FRUGAL
Lesley Scorgie
money@metronews.ca

In Canada, tipping etiquette says that when a service has been provided, and it's of a certain level of quality, the buyer tips.

But how much is a reasonable tip and when does tipping become un-frugal?

Naturally, if you receive good service at a restaurant, spa or hotel, for example, a good tip is in order.

But, unless you're trying to catch a service provider's attention, perhaps to get a date or impress the one you're on, don't break the bank.

Here are a few guidelines to follow.

Food Service: Throwing a few coin's into your barista's tip jar never hurts when you're aiming for quick and reliable service.

If you receive exceptional service at a restaurant or bar, 20 to 25 per cent tip is in order.

Adequate service should be rewarded between 10 to 15 per cent and if the service is poor, 10 per cent or less.

Just remember that if you're paying with a coupon or gift-certificate, you should still tip on the total before the discount has been applied.

Travel: Tipping a taxi driver or chauffeur 10 to 15 per cent is customary, but I'd recommend a minimum of $3.

If hotel staff helps you to your room with bags or fetches your car from underground parking, $2 to $10 is recommended.

Personal Services: Tips for spa or hair services range from 10 to 20 per cent.

If you receive poor service, a low tip signals to the service provider that your experience could be much improved.

But, before you stiff the server out of a tip, think about who is responsible for your bad experience? Did the manager incorrectly staff the restaurant (not the server's fault so speak to the manager) or was your server rude and inconsiderate (bad service should not be rewarded).

Apply frugality and good judgment when tipping by limiting spending, double-checking your bill for accuracy and ensuring that a gratuity hasn't already been paid.

If you're not good with tipping math, don't fret.

Here's a tip:

Not tipping anything in order to save money, especially when you've received good service, isn't frugal; it's cheap and inconsiderate.

Most service providers have automatic tip calculators right on their credit card and debit machines allowing you to select the appropriate per cent.

Tipping appropriately can actually save you money in the long run as service providers might extend preferential pricing, they may call you to tell you about sales or discounts and could even provide services 'on the house' from time-to-time.

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Postpartum depression does not spontaneously resolve on its own for many new mothers, Dr. Dennis tells Metro. ISTOCK IMAGES

Postpartum depression can go on and on

Feeling blue.
Many new moms experience depressive symptoms even after the initial 12 weeks postpartum

CELIA MILNE
For Metro

You've had a baby. Everyone is excited — except you.

Your home is full of colourful flowers and gifts, but all you feel is blue. What's wrong?

That's a glimpse into postpartum depression, which is a common and potentially serious illness.

A new Canadian study has found it often hangs on tenaciously for many months.

"Postpartum depression occurs in many mothers from various backgrounds, and effective treatment is available to help," says Dr. Cindy-Lee Dennis (PhD) from the department of psychiatry at Women's College Research Institute in Toronto.

Previous studies have found that about 20 per cent of new moms suffer from depression in the weeks after their babies are born.

Dennis and colleagues wanted to find out how many women continued to suffer from depression after their babies were three months old.

They tracked 6,421 new moms and found eight per cent had depressive symptoms after the initial 12 weeks postpartum.

"It does not spontaneously resolve on its own for many new mothers and treatment is necessary," Dennis tells Metro. Most at risk were women who were vulnerable in some way — with low household income, a previous history of depression, a lack of postpartum support, stressful life events, family violence, or poor health.

The creators of the study are urging healthcare professionals to continue screening women for postpartum depression for longer periods after babies are born.

This way, women will have access to the help they need. Screening could be done during pediatric visits, for instance.

Canadian study

The study was published recently in the Canadian Journal of Psychiatry.

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SPORTS 4

Mobile sports

Cricket

The battle of the sexes has hit the swimming pool. The opening meeting of the World Cup in Dubai on Tuesday will feature 4x50 mixed-gender relays for the first time.

NFL

Colts' Pagano battling leukemia

Indianapolis coach Chuck Pagano has been diagnosed with leukemia and is expected to be hospitalized for six to eight weeks as he undergoes treatment.

He will be replaced on an interim basis by offensive coordinator Bruce Arians.

Team owner Jim Irsay made the announcement Monday during a sombre and sometimes emotional news conference.

"I think it's unlikely he'll be all in as the head coach the rest of this season," Irsay said. "He may be able to come back and be in the press box or something."

The 51-year-old Pagano is in his first season with the Colts (1-2). He was hired in January after serving as Baltimore's defensive coordinator.

THE ASSOCIATED PRESS

Chuck Pagano on the Colts sideline Sept. 23. GETTY IMAGES

MLB

Greenberg to get chance in Miami

Adam Greenberg is expected to make a pinch-hit for Miami on Tuesday.

Greenberg, signed to a one-day contract by the Marlins last week, will appear in his first game since getting hit in the head in his MLB debut seven years ago.

THE ASSOCIATED PRESS

NHL

"What we didn't consider was how our supporters or our fans would feel."

Oilers owner Daryl Katz, who said in a radio interview he never realized threatening to move the team to Seattle would trigger fan anger in Edmonton

Great One sees lockout solution on the horizon

NHL. Gretzky says groundwork laid by 2004 work stoppage should make it easier to come to an agreement

Quoted

"I see them ultimately getting a deal done here and I see them playing hockey this year."

Wayne Gretzky

The Great One is optimistic about the NHL's labour situation.

Wayne Gretzky said Monday that he believes the league's current lockout will end before the Winter Classic between the Detroit Red Wings and Toronto Maple Leafs.

"I believe in my heart, maybe because I'm such a big hockey fan, that they will be playing by Jan. 1," Gretzky said on Monday in Toronto during a question-and-answer period at a panel discussion on personal finance. "I think the hard part of their deal was the last negotiations (in 2004) of players agreeing to a salary cap."

Detroit and Toronto are currently scheduled to play outdoors at Michigan Stadium in Ann Arbor to kick off the new year.

Gretzky was reluctant to analyze the ongoing labour negotiations because he's not directly involved in them.

"The only thing I will say is the commissioner's office and Donald Fehr and the players' association are very smart men, they're both very intelligent," Gretzky said. "It's a matter of sitting down and getting the deal done."

The Hall of Fame centre and former part-owner of the Phoenix Coyotes believes the gap between the league and its players is smaller than in 2004, when the NHL lost an entire season.

"I think that in 2004 we were changing the whole landscape," he said. "Ownership wanted to have some sort of revenue sharing and once we came to the revenue sharing, the hard part — from my point of view — seems to be out of the way.

"Now it's a question of working out the number that both sides think is fair."

THE CANADIAN PRESS

Wayne Gretzky throws out the first pitch before the Blue Jays game against the Minnesota Twins on Monday night in Toronto. TOM SZCZERBOWSKI/GETTY IMAGES

CBA negotiation

Core economic issues still off the table: Source

NHL labour talks are set to resume Tuesday morning, with discussions focusing on hockey-related revenue and not the core economic issues that continue to divide the two sides in a league-imposed lockout entering its third week.

A person familiar with negotiations provided details on Monday of what was expected to be discussed at the meeting that will be held in New York. The person spoke on the condition of anonymity because the NHL and the NHLPA have not issued an update on talks. The person added there are currently no other meetings planned beyond Tuesday.

Negotiators for the league and players will pick up where they left off after Sunday, when they completed three straight days of discussions.

THE ASSOCIATED PRESS

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Yanks hit 4 homers, rout Red Sox 10-2

MLB. New York opens one-game American League East lead in convincing win

Yankees slugger Curtis Granderson heads home after hitting a two-run homer on Monday in New York.
GETTY IMAGES

Robinson Cano, Curtis Granderson, Russell Martin and Mark Teixeira stepped up to the plate, sent the ball over the wall and circled the bases like a conga line in a nine-run second inning.

With record-tying power backing a superb start by CC Sabathia, the New York Yankees have first place all to themselves with two games to go, and hope they'll have a real party before this series against the Boston Red Sox is over.

"There's a lot of teams that would love to be in our position right now," Teixeira said after the Yankees routed the Red Sox 10-2 Monday night to open a one-game lead over Baltimore in the AL East. "You can count all of the things that have gone wrong but, hey, we're right here where we want to be. And if we keep winning, we'll be division champions and have a chance to make a run in the playoffs."

New York (93-67), which clinched its 17th playoff berth in 18 years on Sunday, would ensure its 13th division title in 17 years by sweeping the three-game series against the Red Sox. Baltimore (92-68) lost 5-3 at Tampa Bay and dropped into second place, prompting cheers from the Yankee Stadium crowd of 45,478 when the final score was posted just before the ninth.

"That's what you want," manager Joe Girardi said. "That's what you hope that you have all the time when you're playing this game, that you can control your own destiny."

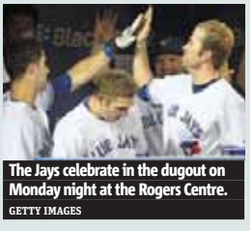
New York tied its record for home runs in an inning, achieving the feat for the third time. Sabathia (15-6), with perhaps his best changeup of the year, allowed two runs and four hits in eight innings with seven strikeouts and a walk. Following a stretch of four shaky outings, he is 2-0 with a 1.50 ERA in his last three. "I'm just trying to relax and not overthrow," he said. THE ASSOCIATED PRESS

MLB

Jays grind out win over Twins in 10th

Yan Gomes tied the game with a two-out homer in the ninth inning and Anthony Gose won it with a two-out single in the 10th as the Toronto Blue Jays defeated the Minnesota Twins 6-5.

Adeiny Hechavarria singled with one out in the 10th against left-hander Brian Duensing (4-12) on Monday.



The Jays celebrate in the dugout on Monday night at the Rogers Centre.
GETTY IMAGES

Hechavarria took second on a wild pitch with pinch-hitter J.P. Arencibia at the plate. Arencibia struck out on a ball that got away from catcher Drew Butera.

The catcher's throw hit Arencibia, who was running to first, but it was ruled that he was not running in the proper lane and Arencibia was called out for interference. That prompted an argument by manager John Farrell and his ejection.

But Gose came through with the winning single in the next at-bat, while Adam Lind had four hits and two runs batted in for the Blue Jays. THE CANADIAN PRESS

Romo wretched in Cowboys loss

Cowboys quarterback Tony Romo kneels on the turf as Chicago Bears linebacker Lance Briggs returns one of his five interceptions for a touchdown in Dallas on Monday night. Chicago made Dallas pay for its sloppy offensive play, racking up a 34-18 victory at Cowboys Stadium. RONALD MARTINEZ/GETTY IMAGES

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z-clinched playoff berth; x-clinched division; y-wild card

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB	WC
z-New York	93	67	.581	—	—
z-Baltimore	92	68	.575	1	—
Tampa Bay	89	71	.556	4	2½
Toronto	71	89	.444	22	20½
Boston	69	91	.431	24	22½

CENTRAL DIVISION

	W	L	Pct	GB	WC
x-Detroit	87	73	.544	—	—
Chicago	84	76	.525	3	7½
Kansas City	71	89	.444	16	20½
Cleveland	67	93	.419	20	24½
Minnesota	66	94	.413	21	25½

WEST DIVISION

	W	L	Pct	GB	WC
z-Texas	93	66	.585	—	—
Oakland	91	68	.572	2	—
Los Angeles	88	71	.553	5	3
Seattle	73	86	.459	20	18

Monday's results
Toronto 6 Minnesota 5 (10 innings)
Chicago White Sox 11 Cleveland 0
Detroit 6 Kansas City 3
N.Y. Yankees 10 Boston 2
Tampa Bay 5 Baltimore 3
Texas at Oakland
L.A. Angels at Seattle
Sunday's results
Cleveland 15 Kansas City 3
L.A. Angels 5 Texas 4
N.Y. Yankees 9 Toronto 6
Baltimore 6 Boston 3
Tampa Bay 6 Chicago White Sox 2
Detroit 2 Minnesota 1
Oakland 5 Seattle 2
Texas 8 L.A. Angels 7
Tuesday's games — All Times Eastern
Chicago White Sox (Peavy 11-12) at Cleveland (Masterson 11-15), 7:05 p.m.
Boston (Lester 9-14) at N.Y. Yankees (Phelps 4-4), 7:05 p.m.
Minnesota (Swarzak 3-5) at Toronto (Jenkins 0-3), 7:07 p.m.
Baltimore (Gonzalez 8-4) at Tampa Bay (Shields 15-9), 7:10 p.m.
Detroit (Fister 10-9) at Kansas City (Guthrie 4-3), 8:10 p.m.
Texas (Harrison 18-10) at Oakland (Blackley 5-4), 10:05 p.m.
L.A. Angels (Haren 12-12) at Seattle (Iwakuma 8-5), 10:10 p.m.
Wednesday's games
Texas at Oakland, 3:35 p.m.
L.A. Angels at Seattle, 6:40 p.m.
Chicago White Sox at Cleveland, 7:05 p.m.
Boston at N.Y. Yankees, 7:05 p.m.
Minnesota at Toronto, 7:07 p.m.
Baltimore at Tampa Bay, 7:10 p.m.
Detroit at Kansas City, 8:10 p.m.
END OF REGULAR SEASON

AL LEADERS

	G	AB	R	H	Pct.
Cabrera Det	158	612	108	199	.325
Mauer Minn	144	535	81	173	.323
Trout LAA	136	546	127	175	.321
Beltre Tex	153	592	95	189	.319
Jeter NYY	156	670	98	213	.318
Hunter LAA	138	528	81	165	.313
Butler KC	158	605	71	189	.312
Fielder Det	159	573	82	177	.309
Cano NYY	158	612	100	187	.306

Not including Monday's games

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB	WC
x-Washington	96	64	.600	—	—
y-Atlanta	93	67	.581	3	—
Philadelphia	81	79	.506	15	6
New York	73	87	.456	23	14
Miami	68	92	.425	28	19

CENTRAL DIVISION

	W	L	Pct	GB	WC
x-Cincinnati	96	64	.600	—	—
St. Louis	87	73	.544	9	—
Milwaukee	82	78	.513	14	5
Pittsburgh	78	82	.488	18	9
Chicago	60	100	.375	36	27
Houston	54	106	.338	42	33

WEST DIVISION

	W	L	Pct	GB	WC
x-San Francisco	93	66	.585	—	—
Los Angeles	84	75	.528	9	2½
Arizona	80	79	.503	13	6½
San Diego	75	85	.469	18½	12
Colorado	62	97	.390	31	24½

Monday's results
Houston 3 Chicago Cubs 0
Miami 3 N.Y. Mets 2
Milwaukee 5 San Diego 3
Philadelphia 2 Washington 0
Pittsburgh 2 Atlanta 1
St. Louis 4 Cincinnati 2
Colorado at Arizona
San Francisco at L.A. Dodgers
Sunday's results
Philadelphia 4 Miami 1
Cincinnati 4 Pittsburgh 3
Atlanta 6 N.Y. Mets 2
Houston 7 Milwaukee 0
St. Louis 10 Washington 4
San Francisco 7 San Diego 5
Chicago Cubs 7 Arizona 2
L.A. Dodgers 7 Colorado 1
Tuesday's games — All Times Eastern
Atlanta (Hanson 13-9) at Pittsburgh (Correia 11-11), 7:05 p.m.
Philadelphia at Washington (Gonzalez 21-8), 7:05 p.m.
N.Y. Mets (Dickey 20-6) at Miami (Turner 1-4), 7:10 p.m.
Houston (Norris 6-13) at Chicago Cubs (Volstad 3-11), 8:05 p.m.
San Diego (Bass 2-7) at Milwaukee (Thornburg 0-0), 8:10 p.m.
Cincinnati (Latos 13-4) at St. Louis (Carpenter 0-1), 8:15 p.m.
Colorado (Chacin 3-5) at Arizona (Corbin 6-8), 9:40 p.m.
San Francisco (Zito 14-8) at L.A. Dodgers (Capuano 12-11), 10:10 p.m.
Wednesday's games
Atlanta at Pittsburgh, 12:35 p.m.
Philadelphia at Washington, 1:05 p.m.
Houston at Chicago Cubs, 2:20 p.m.
N.Y. Mets at Miami, 4:10 p.m.
Colorado at Arizona, 7:10 p.m.
San Francisco at L.A. Dodgers, 7:15 p.m.
San Diego at Milwaukee, 8:10 p.m.
Cincinnati at St. Louis, 8:15 p.m.
END OF REGULAR SEASON

NL LEADERS

	G	AB	R	H	Pct.
Cabrera SF	113	459	84	159	.346
Posey SF	145	520	77	175	.337
McCutchen Pgh	154	583	107	192	.329
Braun Mil	151	587	105	188	.320
Molina StL	136	498	64	158	.317
Craig STL	117	461	76	143	.310
Wright NYM	153	571	90	175	.306
Jay StL	115	435	69	133	.306
Scutaro SF	153	610	85	186	.305

Not including Monday's games

JAYS 6, TWINS 5 (10 INNINGS)

Minnesota	ab	r	h	bi
Revere cf-rf	5	1	2	0
Carroll 2b-3b	5	2	3	1
Mauer dh	5	0	1	1
Parmelee 1b	4	1	2	0
Plouffe 3b	3	1	2	3
Casilla 2b	0	0	0	0
Carson rf-lf	5	0	1	0
Herrmann lf	3	0	0	0
Span cf	0	0	0	0
Butera c	5	0	1	0
Florimon ss	5	0	0	0
Totals	40	5	12	5

Toronto	ab	r	h	bi
Davis rf-lf	5	1	1	0
Rasmus cf	4	0	0	0
Sierra ph-rf	1	0	0	0
Lawrie 3b	4	1	2	0
Lind 1b	4	1	4	2
McCoy pr	0	0	0	0
Gomes 1b	1	1	1	1
Escobar dh	3	0	0	0
Johnson 2b	3	1	1	0
Vizquel ph	1	0	0	0
Hechavarria ss	4	1	1	0
Mathis c	4	0	1	2
Arencibia ph	1	0	0	0
Gose lf-cf	4	0	1	1
Totals	39	6	12	6

Minnesota	021	010	100	0—5
Toronto	100	002	101	1—6

E—Hechavarria. LOB—Toronto 10, Minnesota 10. DP—Toronto 2. 2B—Carroll (18), Plouffe (18), Lind (14), Mathis (13), Parmelee (10), Butera (6). HR—Gomes (4). Plouffe (24). SB—Revere (40), Johnson (14). S—Escobar, Hechavarria.

Minnesota	IP	H	R	ER	BB	SO
Vasquez	5 2-3	6	3	3	3	1
Burnett H, 10	1	1	1	1	0	3
Robertson	0	1	0	0	0	0
Fien H, 6	1-3	0	0	0	0	1
Burton H, 18	1	1	0	0	1	2
Perkins BS, 4	1	1	1	1	0	3
Duensing L, 4-12	2-3	2	1	1	0	1
Toronto						
Laffey	5	8	4	3	0	0
Beck	1	1	0	0	1	0
Cecil	2-3	2	1	1	0	1
Lincoln	1 1-3	0	0	0	1	4
Janssen	1	0	0	0	0	2
Lyon W, 4-0	1	1	0	0	1	1

T.Robertson pitched to 1 batter in the 7th
WP — Duensing. **HBP** — Parmelee; Casilla.
Umpires—Home, Marvin Hudson; First, Clint Fagan; Second, Toby Basner; Third, Tim McClelland.
T—3:14. **A**—12,359 (49,260) at Toronto.

CFL

WEEK 14

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
Montreal	13	8	5	0	360	378	16
Toronto	13	7	6	0	317	321	14
Hamilton	13	5	8	0	401	409	10
Winnipeg	13	3	10	0	247	406	6

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
B.C.	13	9	4	0	338	249	18
Calgary	13	8	5	0	376	302	16
Saskatchewan	13	7	6	0	341	280	14
Edmonton	13	5	8	0	279	314	10

Friday's results
Hamilton 41 Montreal 28
Calgary 39 Edmonton 15
Saturday's results
Toronto 29 Winnipeg 10
Saskatchewan 27 B.C. 21
WEEK 15
Friday's game — All Times Eastern
Hamilton at Edmonton, 9 p.m.
Saturday's game
Calgary at B.C., 10 p.m.
Monday, October 8
Winnipeg at Montreal, 1 p.m.
Saskatchewan at Toronto, 4:30 p.m.

NFL

AMERICAN CONFERENCE

EAST

	W	L	T	Pct	PF	PA
New England	2	2	0	.500	134	92
N.Y. Jets	2	2	0	.500	81	109
Buffalo	2	2	0	.500	115	131
Miami	1	3	0	.250	86	90

SOUTH

	W	L	T	Pct	PF	PA
Houston	4	0	0	1.000	126	56
Indianapolis	1	2	0	.333	61	83
Jacksonville	1	3	0	.250	62	97
Tennessee	1	3	0	.250	81	151

NORTH

	W	L	T	Pct	PF	PA
Baltimore	3	1	0	.750	121	83
Cincinnati	3	1	0	.750	112	112
Pittsburgh	1	2	0	.333	77	75
Cleveland	0	4	0	.000	73	98

WEST

	W	L	T	Pct	PF	PA
San Diego	3	1	0	.750	100	71
Denver	2	2	0	.500	114	83
Kansas City	1	3	0	.250	88	136
Oakland	1	3	0	.250	67	125

NATIONAL CONFERENCE

EAST

	W	L	T	Pct	PF	PA
Philadelphia	3	1	0	.750	66	83
Washington	2	2	0	.500	123	123
N.Y. Giants	2	2	0	.500	111	84
Dallas	2	2	0	.500	65	88

SOUTH

	W	L	T	Pct	PF	PA
Atlanta	4	0	0	1.000	124	76
Tampa Bay	1	3	0	.250	82	91
Carolina	1	3	0	.250	80	109
New Orleans	0	4	0	.000	110	130

NORTH

	W	L	T	Pct	PF	PA
Chicago	3	1	0	.750	108	68
Minnesota	3	1	0	.750	90	72
Green Bay	2	2	0	.500	85	81
Detroit	1	3	0	.250	100	114

WEST

	W	L	T	Pct	PF	PA
Arizona	4	0	0	1.000	91	61
San Francisco	3	1	0	.750	104	65
St. Louis	2	2	0	.500	79	91
Seattle	2	2	0	.500	70	58

WEEK FOUR
Monday's result
Chicago 34 Dallas 18
Sunday's results
San Francisco 34 N.Y. Jets 0
New England 52 Buffalo 28
Houston 38 Tennessee 14
San Diego 37 Kansas City 20
Minnesota 20 Detroit 13
Atlanta 30 Carolina 28
St. Louis 19 Seattle 13
Arizona 24 Miami 21
Cincinnati 27 Jacksonville 10
Denver 37 Oakland 6
Green Bay 28 New Orleans 27
Washington 24 Tampa Bay 22
Philadelphia 19 N.Y. Giants 17
Thursday's result
Baltimore 23 Cleveland 16
WEEK FIVE
Thursday's game — All Times Eastern
Arizona at St. Louis, 8:20 p.m.
Sunday, October 7
Philadelphia at Pittsburgh, 1 p.m.
Green Bay at Indianapolis, 1 p.m.
Cleveland at N.Y. Giants, 1 p.m.
Miami at Cincinnati, 1 p.m.
Baltimore at Kansas City, 1 p.m.
Atlanta at Washington, 1 p.m.
Chicago at Jacksonville, 4:05 p.m.
Seattle at Carolina, 4:05 p.m.
Tennessee at Minnesota, 4:25 p.m.
Buffalo at San Francisco, 4:25 p.m.
Denver at New England, 4:25 p.m.
San Diego at New Orleans, 8:20 p.m.
Monday, October 8
Houston at N.Y. Jets, 8:30 p.m.

SOCCER

MLS

EASTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
x-Kansas City	31	17	7	7	39	25	58
Chicago	30	16	9	5	42	36	53
New York	31	15	8	8	54	44	53
D.C. United	31	15	10	6	48	40	51
Houston	31	13	8	10	44	37	49
Columbus	31	14	11	6	39	39	48
Montreal	31	12	15	4	44	49	40
Philadelphia	29	8	15	6	31	36	30
New England	31	7	16	8	37	43	29
Toronto	31	5	19	7	35	59	22

WESTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
x-San Jose	31	18	6	7	65	39	61
x-Real Salt Lake	31	16	11	4	44	34	52
x-Los Angeles	31	15	11	5	55	43	50
x-Seattle	30	13	7	10	45	31	49
Vancouver	31	10	12	9	31	40	39
Dallas	31	9	12	10	38	41	37
Colorado	31	9	18	4	39	46	31
Portland	31	7	15	9	32	52	30
Chivas USA	30	7	16	7	21	49	28

x — clinched playoff berth.
Sunday's result
Los Angeles 1 Colorado 1
Saturday's results
Seattle 0 Vancouver 0
New York 4 Toronto 1
Columbus 3 Philadelphia 2
Dallas 3 San Jose 3
D.C. United 1 Portland 1
Houston 2 New England 0
Real Salt Lake 4 Chivas USA 0
Wednesday's games — All Times Eastern
Philadelphia at Chicago, 8:30 p.m.
Chivas USA at Vancouver, 10 p.m.
Saturday's games
D.C. United at Toronto, 1 p.m.
Chicago at New York, 3:30 p.m.
New England at Philadelphia, 7 p.m.
Montreal at Houston, 8:30 p.m.
San Jose at Colorado, 9 p.m.
Real Salt Lake at Los Angeles, 9 p.m.

NASL

PLAYOFFS

FIRST ROUND
Byes: San Antonio (1) and Tampa Bay (2)
Quarter-finals
(single-game elimination)
Sunday's result
Minnesota (5) 2 Puerto Rico (4) 1
Saturday's result
Carolina (3) 3 Fort Lauderdale (6) 1
SECOND ROUND
Semifinals
(two-game, total goals)
SAN ANTONIO (1) VS. MINNESOTA (5)
Saturday's game — All Times Eastern
San Antonio at Minnesota, 8:30 p.m.
Sunday, Oct. 14
Minnesota at San Antonio, 7 p.m.
TAMPA BAY (2) VS. CAROLINA (3)
Saturday's game
Tampa Bay at Carolina, 7 p.m.
Saturday, Oct. 13
Carolina at Tampa Bay, 7 p.m.
THIRD ROUND
Championship
(two-game, total goals)
Semifinal Winners, TBD

TENNIS

ATP RAKUTEN JAPAN OPEN

At Tokyo
Singles
First Round
Tomas Berdych (2), Czech Rep., def. Benoit Paire, France, 6-1, 7-6 (6).
Stanislas Wawrinka (7), Switzerland, def. Hiroki Moriya, Japan, 7-5, 4-6, 6-4.
Lukas Lacko, Slovakia, def. Albert Ramos, Spain, 6-0, 6-2.
Viktor Troicki, Serbia, def. Robin Haase, Netherlands, 6-2, 6-3.

ATP-WTA CHINA OPEN

At Beijing
MEN
Singles — First Round
Marius Copil, Romania, def. Marin Cilic (4), Croatia, 3-6, 7-6 (0), 6-4.
Alexandr Dolgopolov (6), Ukraine, def. Guillermo Garcia-Lopez, Spain, 6-0, 6-4.
Sam Querrey, U.S., def. Fernando Verdasco (8), Spain, 5-7, 6-3, 6-4.
Florian Mayer, Germany, def. Fabio Fognini, Italy, 6-1, 6-2.
Zhang Ze, China, def. Wu Di, China, 6-4, 6-1.
Carlos Berlocq, Argentina, def. Marinko Matosevic, Australia, 3-6, 6-2, 6-3.
Kevin Anderson, South Africa, def. Brian Baker, U.S., 5-7, 6-3, 6-1.
WOMEN
Singles
First Round
Victoria Azarenka (1), Belarus, def. Alize Cornet, France, 6-1, 6-0.
Maria Sharapova (2), Russia, def. Simona Halep, Romania, 7-5, 7-5.
Lara Arruabarrena-Vecino, Spain, def. Zheng Jie, China, 6-2, 6-4.
Sabine Lisicki, Germany, def. Anabel Medina Garrigues, Spain, 6-3, 5-7, 6-2.
Polona Hercog, Slovenia, def. Anastasia Pavlyuchnkova, Russia, 5-7, 6-4, 3-0, retired.
Sorana Cirstea, Romania, def. Sofia Arvidsson, Sweden, 6-2, 6-3.
Second Round
Carla Suarez Navarro, Spain, def. Petra Kvitova (4), Czech Rep., 6-3, 6-2.
Caroline Wozniacki (10), Denmark, def. Chanelle Scheepers, South Africa, 7-5, 6-7 (6), 6-2.
Ana Ivanovic (11), Serbia, def. Varvara Lepchenko, U.S., 4-6, 7-5, 6-1.
Elena Vesnina, Russia, def. Tamira Paszek, Austria, 7-6 (5), 6-2.
Peng Shuai, China, def. Yaroslava Shvedova, Kazakhstan, 5-7, 7-5, 6-2.

CRICKET

WORLD TWENTY20

SUPER EIGHTS

GROUP ONE
Monday's results
At Pallekele
West Indies 139 def. New Zealand 139-7, in one-over eliminator
Sri Lanka 169-6 def. England 150-9 by 19 runs
GROUP TWO
At Colombo
Sunday's results
Australia 147-2 def. South Africa 146-5 by eight wickets.
India 129-2 def. Pakistan 128 by eight wickets
Tuesday's matches
Australia vs. Pakistan
India vs. South Africa**Tuesday's matches**
Australia vs. Pakistan

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Horoscopes

♈ Aries
March 21 - April 20
There is no point being obsessed by perfection because you will never reach it, nor is it actually desirable to do so. You are a human being and that means you will always make mistakes. Find ways to enjoy them.

♉ Taurus
April 21 - May 21
Don't tie yourself down today. Make sure you are free to come and go as you please. Independence is precious, and if you give other people the power to meddle in your affairs, they will certainly misuse it.

♊ Gemini
May 22 - June 21
You must stick to the facts today. If you stray even a little bit from what you know to be true, it will give your rivals the opening they have been waiting for. Facts are sacred — opinions are two-a-penny.

♋ Cancer
June 22 - July 23
Start putting together a wish list because what happens towards the end of the week will make you realize that all things are possible. This is no time for doubts. Go for everything you can get.

♌ Leo
July 24 - Aug. 23
No matter what a friend or colleague tells you today and no matter how passionate they appear to be, you can bet that they have got it completely wrong. If you play their game it will cost you.

♍ Virgo
Aug. 24 - Sept. 23
The planets indicate that if you make an extra special effort over the next few days, you will enjoy success beyond your wildest dreams — and some of your dreams ARE pretty wild! Believe in yourself and be patient.

♎ Libra
Sept. 24 - Oct. 23
No goal is beyond you. You need to start really believing that because until you do, you will continue to fall short of your dreams. Think not just big but huge today.

♏ Scorpio
Oct. 24 - Nov. 22
Cosmic activity in and around the most sensitive area of your chart urges you to consider alternative explanations to everyday events. Could there be some kind of conspiracy going on? Make it your business to find out.

♐ Sagittarius
Nov. 23 - Dec. 21
Don't let well-meaning friends and relatives talk you out of doing what you know has got to be done. Make whatever sacrifices are necessary and keep in mind that the efforts you make are an investment, not an expense.

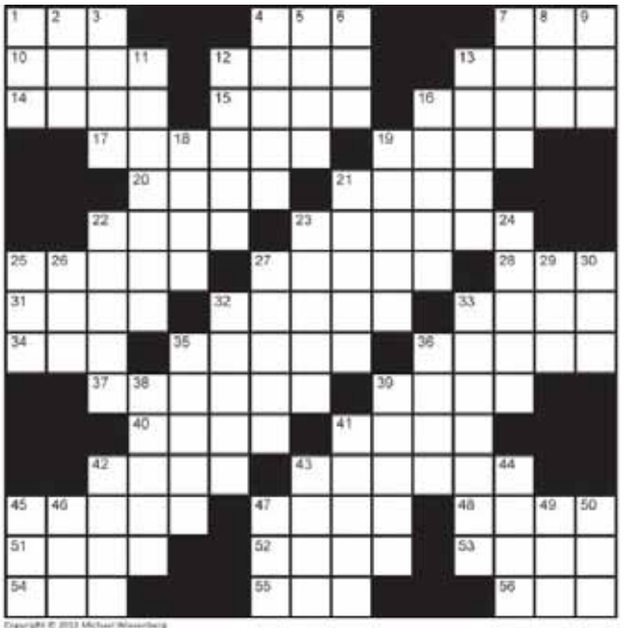
♑ Capricorn
Dec. 22 - Jan. 20
Do you have the common sense to identify what your current problem is? Yes you do. Do you have the courage to put it right? That remains to be seen. You're halfway there. All you have to do is keep going.

♒ Aquarius
Jan. 21 - Feb. 19
Focus on what is important and ignore everything else. If you allow your mind to wander today, it may be a long time before you can get it back on track. You know what the main issue is, so stick with it.

♓ Pisces
Feb. 20 - March 20
You are on the cusp of a heart-warming phase but there is something you still need to do before you can "let yourself go". You need to resolve a conflict of some kind. Be the one who makes the peace.
SALLY BROMPTON

Three PMs

BY MICHAEL WIESENBERG



Across
1. Request
4. Dampen
7. Taxi
10. William Lyon Mackenzie ___: 10th Prime Minister
12. "___be of service?" (2 wds.)
13. For ___ sign
14. Additive to shampoo and shaving cream
15. Corrida cries
16. ___ Leaf
17. Cakes often made with ground nuts
19. Bathroom flooring material
20. Stadium shouts
21. Pop
22. Henhouse yield
23. World's second largest country
25. BMW subcompact models that once had the Cooper name
27. Birds of peace
28. Sesame Street viewer, typically
31. Opera set on the Nile
32. Capricious escapade
33. Sky color
34. ___ de Janeiro
35. Peeled
36. Come to understand
37. Calgary NHL team
39. Pots and ___
40. Angered
41. "Frankly, my dear, I don't give a ___"
42. Highway or bridge fee
43. Leader of 23-Across
45. Saltwater
47. Need
48. Greek garb
51. Points a gun
52. Teeny
53. Frog's land-based cousin
54. Belly muscles, for short
55. Golf stand
56. Canadian pols

Down
1. Alias
2. _'__ vous plait
3. Slip, top, or granny
4. Land on the Irish Sea
5. Potato buds
6. "___ the season to be jolly"
7. Nova Scotia's ___ Breton Island
8. Everything
9. Spelling competition
11. The Gulf Islands are in BC's Strait of ___
12. Butterfly relatives
13. Caesar or Waldorf
16. Gold-loving king
18. From ___ to riches
19. Laser printer need
21. "___ by the bell!"
22. At the ___ one's rope: desperate (2 wds.)
23. Deals (with), as a problem
24. Map book
25. Cause surface damage to
26. 3 on a sundial
27. Had the courage to try
29. Beginning of the Lord's Prayer
30. Start of a countdown
32. Animal with a hump
33. R.B. ___: 11th Prime Minister (1930-35)
35. "Ici on ___ français"
36. Bedside light
38. BC CFL Team
39. Liberal or Conservative ___
41. *Inferno* author
42. Canada's quintessential coffee and donut place, familiarly
43. Loathe
44. Apartment division
45. Sheep cry
46. Cut of meat that's often barbecued
47. One skilled at repartee
49. Credibility ___: knowledge disconnect
50. Personals

Yesterday's Crossword

What's online

See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

1			9	5	8			7
					2	8		
	6	2	3			1		
4	2		5		1	7		6
5								8
3		1	4		6		2	5
		8			5	3	9	
		3	6					
2			8	3	9			1

Yesterday's Sudoku

Weather

TODAY	WEDNESDAY	THURSDAY
MAX: 8° MIN: 7°	MAX: 5° MIN: 1°	MAX: 7° MIN: -5°

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